

WE CLAIM:

1. A method of achieving contraception in a woman comprising daily administering to said woman, from the
5 first day of her cycle and for at least 21 days, a pharmaceutical composition comprising (i) about 0.3 mg to about 3 mg of estradiol, an ester thereof or an equine conjugated estrogen and (ii) about 1.5 mg to about 3.75 mg of norgestrol acetate.
- 10 2. The method of claim 1, wherein the composition comprises 1.5 mg of estradiol.
3. The method of claim 1, wherein the composition
15 comprises 2 mg of ester of estradiol.
4. The method of claim 3, wherein the ester of estradiol is estradiol valerate.
- 20 5. The method of claim 1, wherein the composition comprises 0.625 mg of equine conjugated estrogen.
6. The method of claim 1, wherein the composition comprises 2.5 mg of norgestrol acetate.
- 25 7. The method of claim 2, wherein the composition comprises 2.5 mg of norgestrol acetate.
8. The method of claim 3, wherein the composition
30 comprises 2.5 mg of norgestrol acetate.
9. The method of claim 4, wherein the composition comprises 2.5 mg of norgestrol acetate.

10. The method of claim 5, wherein the composition comprises 2.5 mg of norgestrel acetate.

11. The method of claim 1, wherein the composition is
5 administered orally.

12. The method of claim 1, wherein the composition is administered for up to 25 days.

10 13. A contraceptive product comprising at least 21 and up to 25 dosage forms comprising (i) about 0.3 mg to about 3 mg of estradiol, an ester thereof or an equine conjugated estrogen and (ii) about 1.5 mg to about 3.75 mg of norgestrel acetate.

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14. The product of claim 13, wherein the dosage forms comprise 1.5 mg of estradiol and 2.5 mg of norgestrel acetate.

20 15. The product of claim 13, wherein the dosage forms are tablets.

16. The product of claim 14, wherein the dosage forms are tablets.

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17. A method of achieving contraception in a woman comprising daily administering to said woman, from the first day of her cycle and for 21 days to 28 days, a composition comprising (i) about 0.3 mg to about 3 mg of
30 estradiol, an ester thereof or an equine conjugated estrogen and (ii) about 0.1 mg to about 2.5 mg of norgestrel acetate.

18. The method of claim 17, wherein the composition comprises about 0.5 mg to about 2 mg of estradiol, an ester thereof or an equine conjugated estrogen.

5 19. The method of claim 17, wherein the composition comprises about 0.1 mg to about 1.25 mg of nomegestrol acetate.

20. The method of claim 19, wherein the composition
10 comprises about 0.3 mg to about 1.25 mg of nomegestrol acetate.

21. The method of claim 18, wherein the composition
15 comprises about 0.1 mg to about 1.25 mg of nomegestrol acetate.

22. The method of claim 21, wherein the composition
20 comprises about 0.3 mg to about 1.25 mg of nomegestrol acetate.

23. The method of claim 22, wherein the composition
comprises 1 mg of estradiol and 0.312 mg of nomegestrol
acetate.

25 24. The method of claim 22, wherein the composition
comprises 1 mg of estradiol and 0.625 mg of nomegestrol
acetate.

25. The method of claim 22, wherein the composition
30 comprises 1.5 mg of estradiol and 0.625 mg of nomegestrol
acetate.

26. The method of claim 22, wherein the composition
35 comprises 2 mg of estradiol and 0.625 mg of nomegestrol
acetate.

27. The method of claim 17, which further comprises administering to the woman a placebo for the balance of the 28 day cycle whereby an effective control of the menstrual cycle is ensured.

28. The method of claim 17, wherein the composition is administered orally.

29. A contraceptive product comprising 21 to 28 dosage forms comprising (i) about 0.3 mg to about 3 mg of estradiol, an ester thereof or an equine conjugated estrogen and (ii) about 0.1 mg to about 2.5 mg of norgestrel acetate.

30. The product of claim 29, wherein the dosage forms comprise about 0.5 mg to about 2 mg of estradiol, an ester thereof or an equine conjugated estrogen.

31. The product of claim 30, wherein the dosage forms comprise about 2.5 mg of norgestrel acetate.

32. The product of claim 29, wherein the dosage forms are tablets.

33. The product of claim 29, further comprising 1 to 7 dosage forms comprising a placebo.